

## **Abstract**

**Title:** Influence of power precondition at leisure time athletes

**Objectives:** The main objective of this work is compile bibliographic research, that deals with power preconditions and training requirements. Furthermore, to build a skilled work that will provide clear, concise and comprehensive information on the subject. The aim is to point out the principles of strength training, the composition of the training unit and marginally to mention nutrition and regeneration.

**Methods:** The method of literature search used in this work was based mainly on the collection, sorting and evaluation of relevant informations.

**Results:** Muscle strength is a prerequisite for human locomotion. Before you start strength training, it must be assessed locomotive faculties of the individual and according to create adequate training unit corresponding to his forceful options. If the strength training is properly conducted and supported by expertise follows of this work, the strength training ranks among the appropriate physical activity for sporting and non-sporting individuals.

**Keywords:** motion, strength, muscle, muscle contraction, posture, hypokinesia, muscle hypertrophy, strength training, training unit, weight training, nutrition, regeneration